

HELP ONE ANOTHER.

"Help one another," the snowflakes said, As they scudded down in their feecy bed; One of us here would quickly melt;

"Help one another," the dewdrop cried, Seeing around drop close to his side; "This warm south breeze would dry me away,

And I should be gone by noon today; But I'll help you, and you help me, And we'll make a brook, and run to the sea."

"Help one another," a grain of sand Said to another grain just at hand; "The wind may carry me over the sea, And then—oh, what will become of me? But come, my brother, give me your hand, We'll build a mountain, and there we'll stand."

—George F. Hunting, in Lutheran Observer.

Centre County Y. W. C. A. Notes.

The first leaders' meeting of the county Y. W. C. A. was held in Bellefonte, January 12th and 13th. Miss Hawes, of Philadelphia, conducted the discussions and all who were present felt that they had gained a great deal of help from her wide experience, as well as by exchanging ideas.

The regular quarterly meeting of the County Board took place on the morning of the 13th, and after the business was finished Miss Hawes spoke to the Board members. Leaders and Board members enjoyed lunch together in the Presbyterian chapel.

In the afternoon the first annual meeting of the Centre county Young Women's Christian Association occurred, Miss Anna H. Hoy presiding. There was an attendance of about seventy-five from various localities throughout the county.

The general subject of the Friday evening meeting was "Leadership." On Saturday morning the Round Table discussions were largely on the subject of "Membership and Programs."

Reports of the various committees were given. A. S. Fond, chairman of the finance committee, reported that with the money then in hand all bills would be paid to January 1st. Notice was given of the finance campaign to be held in February. Sunday, February 11th, is to be observed as Association day, and publicity will be given by many of the ministers who are heartily co-operating with the Y. W. C. A.

From the 12th to the 17th committees of women in the various localities will take pledges in order to raise the total amount of the budget for 1917, which is estimated at \$1500.00. Miss Caroline Jones, finance worker of the field, will spend the week in the county to assist in this work.

The report of the general secretary was largely in the form of tabular, and talks, by the Bellefonte High school club and others. A Commonweal club was shown in the midst of a business meeting, and beginning a game. This was followed by a talk from a member of a Commonweal club, Miss Margaret Williams, of the True Blue club, Shiloh, who told about their club and why she liked it.

The next tabular was of a cooking class, such classes being held at Snow Shoe and State College. This was followed by a class in sewing, a popular activity among club girls. Miss Mary Rigel, of Howard, told about the county week at Camp Nepahwin which she attended last summer and voiced the wish of the girls that Centre county may have its own camp next summer. The Junior club work was shown by Elizabeth Everts, secretary of the Doty Dimple club, Oak Hall, who read some of the minutes of the club meetings. These girls are from 6 to 10 years of age and conduct their own business. Letters were read from some of the Centre county Y. W. C. A. girls who had gone to other places, and by being put in touch with the Association had found work and friends. Miss Lola Ulrich, leader of the Spring Mills Commonweal club, reported on the county conference which she attended at Lake Geneva last summer and urged everyone to attend the "County Row" at Eagles Mere, Pa., from June 26th to July 6th, 1917.

The Rev. W. F. Carson gave a short

talk on church unity and the value of the Y. M. C. A. and the Y. W. C. A. in bringing about the desired spirit of co-operation and developing leadership among the young people, as he had observed it.

The general work of the Young Women's Christian Association, its development and various activities in all forms of modern life, were explained in an address by Miss Esther Hawes, the executive secretary for the East Central field, of which Centre county is a part. All were glad to welcome Miss Hawes on her first visit to this county.

Several new directors and those whose terms expired this year were elected. The board of directors is now as follows: President, Miss Anna H. Hoy, Bellefonte.

Vice President, Miss Sara C. Lovejoy, State College. Secretary, Mrs. H. F. Whiting, Bellefonte. Treasurer, Miss Bertha Laurie, Bellefonte.

Chairman Finance committee, Mrs. G. G. Pond, State College. Chairman Educational committee, Miss Margaretta Goheen, Boalsburg. Chairman Recreation committee, Mrs. James L. Thompson, Centre Furnace.

Members of the Executive committee: Mrs. M. A. B. Boal, Boalsburg; Mrs. Frank Fisher, Spring Mills; Mrs. Ellis Orvis, Bellefonte; Miss Clara Condo, Spring Mills; Mrs. W. F. Carson, Bellefonte; Mrs. W. J. Kurtz, Howard; Mrs. John P. Lyon, Bellefonte; Mrs. Fred Leathers, Howard; Mrs. R. M. Beach, Bellefonte; Mrs. Condo, Howard; Mrs. Howard Thompson, Bellefonte; Mrs. Bertha Hoffman, Howard; Miss Lucy Potter, Bellefonte; Mrs. J. A. Thompson, Port Matilda; Mrs. D. F. Kapp, State College; Mrs. M. B. Holsworth, Flemington; Mrs. J. McK. Reiley, State College; Mrs. Frank Clemson, Stormstown; Miss Elizabeth Foster, State College; Mrs. Wm. Snyder, Snow Shoe.

On Wednesday evening sixty Y. W. C. A. girls of the State College (town) branch attended the union evangelistic services conducted by Gypsy Smith.

Snow Shoe and Howard recently held their yearly elections. G. to Church Sunday, February 11, and help observe Association Day. Child Labor week begins on January 29th. Do you know your state laws in this regard?

Enter the physical contest. Review the poems you have learned this week, and look for the new one next week.

Greenback Money Will be Resumed.

A new issue of the one and two dollar greenbacks of Civil War days, discontinued more than 30 years ago, will be put into circulation, probably about February 1, displacing similar United States notes of larger denomination to provide relief from the unprecedented demand for small paper money. The Treasury Department announced that the issue had been decided on because silver certificates, the ordinary bills of one and two dollars, in circulation, could not be issued under the law in sufficient quantity to meet the demand.

A limit of \$346,681,016 to the amount of outstanding Federal notes was fixed by law in 1878, after the greenback had become an issue in politics, and had resulted in the birth of a new national party, backed largely by the farmers of the West and South. No greenbacks have been issued since 1885, and the amount of outstanding one and two dollar notes of that variety now is slightly over \$3,000,000. There is \$102,445,300 outstanding in United States notes of \$10 denomination and higher, and a portion of these will be retired and canceled, dollar for dollar, to meet the new issue of smaller denominations.

Penn State's Baseball Card Announced for Next Season.

E. E. LeVan, manager of the Pennsylvania State College baseball team, has announced Penn State's schedule for the coming season. He has arranged three trips and a series of home contests for the Blue and White nine. The list of games follows: Home games—April 14— Juniata College. April 21—Open. April 26—Carnegie Tech. April 28—West Virginia University. May 12—Washington and Lee. May 24—Villanova. May 26—Open. June 4—Pittsburgh. June 11—Leland Stanford. June 18—Pittsburgh. June 13—Alum. Southern Trip—April 5—Franklin and Marshall. April 6—Villanova. April 6—Maryland "Aggies." April 9—Open. April 10—Catholic University. April 11—Catholic University. Northern Trip—April 30—Open. May 1—University of Vermont. May 2—Dartmouth. May 3—Colby. May 4—Boston College. May 5—Holy Cross. Western Trip—May 17—West Virginia University. May 18—Pittsburgh. May 19—Carnegie Tech.

He Would, If—

He was not much of a horseman; in fact, the only horse he could ride was the wooden one of his nursery days, so small wonder that the rough-riding sergeant-major got exasperated. "Why don't you get inside, you bally idiot?" roared the sergeant-major as he came to grief for the sixth time. "I would," growled the angry recruit, "if his mouth was as big as yours!"

A Misnomer.

"How much money has my husband in this bank?" "I cannot tell you that, madam." "The idea! Aren't you the teller?" —Boston Transcript.

Just Between Girls.

Agnes—No, I would never marry a man to reform him. Ethel—Well, I don't think myself that harsh measures are the best. —Boston Transcript.

Health Administration In Our Town

The Chautauqua Reading Hour. DR. WILLIAM BYRON FORBUSH, Editor.

Public health can be bought. Will we pay for it? You know how the public health is administered in a good many American towns. In New England the selectmen, in the middle states a representative committee of laymen, are set apart for the purpose. They meet monthly, and they write an annual report, in which they say "The health has never been better in our town than this past year," or "Our town has been visited by an unusual amount of sickness."

If the town has been healthy we are glad. But if the town has been sick, don't we wish we had in charge an expert who could have traced and prevented the sickness—and deaths? This board may have a secretary who makes out careful reports of all the deaths in the town. But has it ever occurred to you that sickness-reports would have been more practical? When a man is dead he has done all the harm he can ever do. A sick person may be an active center of infection to the whole neighborhood.

How Amateurs Fail. These lay boards of health are usually made up of good men. We would entrust our property with them, for they are honest, or our farm-work, for they are good farmers, or our estate upon death, for they are skilled administrators of affairs. And we feel no anxiety about entrusting to them our health—when we are well. But when we are sick, or when there is an epidemic in the community, are we not sometimes almost in a panic to think what these good but ignorant men will do for the emergency?

The more untrained a health board is, the more spectacular, and futile, are its operations. It generally establishes a shot-gun quarantine down by the bridge that enters town, burns tar-barrels in the streets and washes down the fronts of houses with bichloride of mercury, when what was needed was the destruction of the yellow fever mosquito or the rat proofing of our houses.

Half-Way Measures Fail. The amateur health board is often stringent without being thorough. It forbids the use of wells, which is a hardship that is in itself ineffective. A thorough campaign would involve the proper disposal of sewage, the improvement of the water supply, the destruction of the breeding-places of flies and the protection from infection of our common food supplies by their carriers. The amateur, unsalaried health board cannot give the time and trouble to effect such an elaborate campaign as this.

Sometimes there is a physician on the health board, often a young, well-trained and ambitious one. But if so, he has his own practice to attend to, he has to consider the ethics of visiting cases of contagion which are in the hands of a fellow physician, and in the case of a serious epidemic, when he is most needed, he is absolutely tied to his own patients. The present system breaks down under the strain. Nothing in this country brings rebellion so soon as power wielded by ignorance, and the unlimited powers conferred upon the boards of health that are incompetent causes the exercise of those powers to be nullified by the distrust and disobedience of their own fellow-citizens. The fact that their efforts are often expensively misguided also makes tax-payers restless. The whole method too often means that disease is attacked by a blunderbuss instead of by a rifle.

Our Town Needs An Expert.

Every community needs a full-time health officer. As a walled town in time of war has its watchmen ever on guard, so a town, being continually subject to the siege of sickness, needs its trained and experienced watchman. This man should have but one object in life, and that is to read, study, act for the health of the community which he is set to guard. Being free from any narrow concern or private practice, being above local obligations, being responsible to all, he moves impartially, alertly, tactfully, determinedly about his sacred task of guarding his own town from death.

His chief duty is not to be prominent at quarantines or autopsies, but to make these after-effects of disease unnecessary by prevention.

How to Get Full Protection.

The force of a well-administered local health office should consist of at least four persons: The administrator in charge of the whole health campaign of the town, the analyst in charge of the laboratory, the inspector who watches the food and drink supplies, the sources of infection and the cases of contagion, and the visiting nurse who co-operates with the school authorities and follows up cases of illness, and who represents the office particularly before the women and children of the community.

Public health may be bought at the price of 50 cents per capita per year. Is that too much for you? Your town alone may not be able to sustain the ideal staff suggested above. But your town can co-operate with other towns and do it, at the price I have named. If you are alive to the importance of this matter, will you ask the Public Health Service, Washington, to send you the booklet entitled "Co-operative Health Administration." It is free.

Pa's Definition.

"Pa, what is meant by the 'psychological moment'?" "You never see your mother ask me to check, son?" "Oh, yes, pa." "And did you ever notice that she always waits until I have had a good dinner and she has brought my slippers and has pulled my easy chair around to the light and struck a match for my cigar?"

"Well, that is what is known as the psychological moment for making a domestic touch."

—For high class Job Work come to the "Watchman" Office.

PUBLIC HEALTH.

Rubbing of sore eyes Dangerous, Dixon Says.

That the germs causing affection of the eyes, says Dr. Samuel G. Dixon, state health commissioner, in his weekly "Little Talk on Health and Hygiene," can be handed around a community is a fact, although not one generally understood. Doctor Dixon points out that the man on his way to the hospital may rub his eyes and leave germs capable of transmitting his affection upon a street car rail. The next one along may grasp the same rail, rub his eyes and contract some one of the many chronic diseases that afflict the eye.

Dr. Dixon says: "If mankind were suddenly to lose its eyesight the race would die out. No one can review the ordinary acts of his daily life without a realization of the indispensable part the eye plays in all our acts from the most ordinary to the most important."

"The eye is one of the most highly complicated, and at the same time, one of the most exact pieces of animal mechanism that exists. It is much exposed to injury through wounds or by germs of disease. 'Man is not as dependent upon his hands as the monkeys in the wilds of their native forests, where they travel about by swinging from limb to limb by their hands. If, however, we take account of our daily movements we will realize that our hands are kept busy during our waking hours. 'To open a door we catch the knob with the hand. To climb into the trolley car we grasp the rail with the hand. These acts and 100 others like them, thousands of people are performing every moment. 'Some of these people are suffering with chronic diseases of the eyes and may for instance be on their way to the hospital, not having been instructed as to the character of the malady. The sufferer who may be on your car has been wiping his eyes with his hand and has helped himself into the car with the germs of disease on his hands just previous to your catching hold of the same rail. The only step further to infect yourself with the same disease is to rub your eye with the hand that has been on the rail. 'Notwithstanding this everyday danger we constantly see people rubbing their eyes with unclean hands or with their fingers. If only a small proportion of the readers of this little talk were warned contained herein, many cases of diseased eyes may be avoided. 'Needless to say, car rails are not the only means of communicating infection in this way. There are hundreds of others.'"

DOCTOR KRUSEN URGES CARE OF BABIES' EYES.

Many Cases of Blindness Due to Neglect at Birth, He Points Out.

All possible care should be exercised by parents to prevent what is commonly known as "sore eyes" in babies. If only a small proportion of the readers of this little talk were warned contained herein, many cases of diseased eyes may be avoided. "Needless to say, car rails are not the only means of communicating infection in this way. There are hundreds of others."

When one recalls, says Doctor Krusen, "the fact that 25 per cent of the children who have lost their sight are really victims of 'babies' sore eyes," he knows in medical terms as ophthalmia neonatorum, an entirely preventable disease, we may rightfully reproach ourselves for not having made some attempt to avoid such disastrous injuries, among infants who are themselves the innocent victims of this serious affection.

One out of every twelve persons among the blind population owes his blindness to the lack of care of the eyes at the time of birth.

Doctor Krusen added that only simple treatment of a baby's eyes at birth, the instillation of a few drops of medicine, is necessary to protect the sight of the little one. This treatment, if explained, should be given by a physician, although it can be administered by a mid-wife. The bureau of health supplies this medicine free of cost upon application.

Tree Seedlings at State Nurseries.

The Department of Forestry has announced that 2,000,000 forest tree seedlings will be available for free distribution in the spring of 1917. The following species make up the number:

Table with 2 columns: Species and Estimated No. Available. Includes White pine, Scotch pine, Pitch pine, Norway spruce, Japanese larch, Sugar maple, and others.

These are the seedlings over and above those which will be planted on State forests. Any one can secure an allotment of these trees if he will promise to use them for reforesting within the State of Pennsylvania. No trees will be furnished for shade or ornamental planting, nor will any shipments be made in less than five hundred lots.

The trees are two and three years old, and from five to ten inches high. Shipments will begin from the big forest nurseries about April first, but application for trees may be made at any time to the Commissioner of Forestry. The only expense which applicants are asked to bear is a nominal charge for packing and shipping, which will average about twenty-five cents per thousand seedlings.

A bulletin giving detailed instructions on what, when, and how to plant in the hands of the State printer, and copies will be sent to anyone who makes request in time. In cases where it is practicable, the Department of Forestry will detail one of the Forest Service men to supervise the planting operations.

Applications are coming in almost daily, and indications are that the demand in 1917 will far exceed last year's record. Almost 1,500,000 seedlings were planted by private individuals in 1916.

WANTED—To place in good homes for adoption, three boys about five years of age, two at ten and eleven and a baby boy at three months. Communicate with Mrs. J. T. Mitchell, Bellefonte, Pa.

FOR AND ABOUT WOMEN.

DAILY THOUGHT

To be truly happy is a question of how we begin and not of how we end, of what we want and not of what we have.—Stevenson.

Just add a banu of fur. If it isn't made of fur it is trimmed with fur. Never was there such a season for the using of odd bits of fur, the making over of fur coats quite out of style, the cutting down of shabby muffs and neckpieces to proportions from which the shabbiness has been eliminated.

Not even grandmother's Paisley shawl, says a writer in The New York Sun, has been sacred to the fashion makers. The lovely old garments have been taken from their campfire, and moth balls, cut up recklessly, trimmed with fur and launched in sets of hat, muff and scarf or muff and collar. Very effective and beautiful one of these are, the simple long, wide scarf with deep fur bands on the ends being, if gracefully worn, the most attractive of the neckpieces. Mole is a favored trimming for the softly gay fabric, and seal is next in favor.

The modern looms have this year turned out some wonderful cloths modeled upon the Paisley shawl coloring and designs, but a trifle more brilliant, and these are being pressed into service where there is no family treasure to sacrifice.

Angora wool, knitted by hand or machine woven, is another material that is fur trimmed and made into very delectable neckpiece, muff and hat sets, not only for sports wear but for ordinary street wear as well. As for velvets, silks and fine cloths joined with fur to make the little things of the winter costume, there is no end to them.

Whole hats of fur, relieved only by single ornament or slight trimming, are more plentiful and more varied than usual, and first place is perhaps given to the tall crowned, brimless shapes of the Cossack and Hussar types. These are trying but immensely chic when becoming, and for the woman who cannot wear them there are plenty of other things less severe.

One set of bag, muff and hat has the finest of moleskin muffs, a drawing string bag of blue silk richly embroidered and trimmed in bands of fur, and a close-fitting visor cap of moleskin encircled by a narrow band of embroidered blue, which ties in a small bow at the front.

The much-exploited берет is, of course, shown in fur, and there are many fur hats that, like the velvets, have brims clasping the head closely, and fanning out at audacious angles as they slant upward.

Muffs are of assorted shapes and sizes. Long scarfs, short scarfs, wide scarfs, narrow scarfs, all are permissible in fur or in other material fur trimmed.

New patent leather shoes, rubbed all over with a little vaseline put on with a piece of soft flannel and polished will never crack. Patent leather should be kept in a warm, dry place, and should not be worn on wet days.

This serge trotteur frock for the school girl or any fair one who gets about much, is sure to be suitable and practical because of its youthful lines and the clever arrangement of the fullness. Bone buttons and an embroidered white collar and cuff set lend a nice finishing touch.

Three large buttons fasten many of the handsome top coats.

Dark blue and gray is one of the season's combinations. A gray doveskin "trotter" suit has white suede trimmings.

Fabric gloves are worn a great deal, except for formal occasions. The long loose sleeves known as angel sleeves are coming in again.

Veils of coarse dark tulle are heavily embroidered in white or gray. A slender woman can follow almost any fashion and look right in it.

Many of the best looking dresses for small girls are fashioned on middie lines. If you are so fortunate as to own a Paisley shawl, make it into an evening wrap.

It would be well while bathing your hands every day to rub your elbows for a few minutes with olive oil. Five or ten minutes of the treatment daily shows results in a month or two. Red, swollen hands are very unattractive. If you must work much in hot water try using rubber gloves. Give them a try at least. If you do not like them, a good way to prevent redness is to give your hands a good washing just after you have finished your work. Use warm water and good soap. Dry them thoroughly and then rub a few drops of glycerine and rose-water over them. If you will have a bottle of this mixture handy and apply a little after each time you wash your hands it will keep them soft and white.

Boston Brown Bread—One cup each of whole wheat flour, cornmeal and white flour, sifted together. One cup molasses, one pint butter-milk. Turn into well-greased bread molds and steam three hours, being careful to have the lid fit tight. The water should come nearly to the top of the molds. One cup raisins, or currants, or any spices, may be added, to taste. (If it is to be eaten with beans or other heavy foods, the fruit should be omitted.)

Whole Wheat Biscuit—Add sufficient sweet milk to whole wheat flour to make a stiff dough, first mixing the flour with baking powder and salt, if any is used, a level tea-spoonful baking powder to every cup of flour. Drop onto a greased pan, the same as "drop cookies," and bake in a quick oven. These are delicious, especially if broken open and slightly toasted in the oven, and with milk or cream, alone, make a most satisfying meal.

FARM NOTES.

In counting the profit from geese, one should keep in mind that the cost of housing is very much less than in the case of hens. All that is required is a sleeping place that is tight on three sides and provided with plenty of dry litter. Vigorous geese will spend most of their time in their outside runs.

All over the country the discussion of the best means of picking the layers is going on, and nearly every day something is being added to the various means of making an intelligent selection of the best layers without going through the operation of trap-setting.

At the "All-Northwest" egg laying contest to take place at Pullman, Washington, there will be an examination made of all the 1,200 hens entered in the contest by Mr. Hogan, a California poultryman, who lays claim to being able to pick the best layers by merely handling the hens. A record will be made of the result of each hen examined by Mr. Hogan. Then, at the conclusion of the contest, the public will be able to learn just what the opinion of this specialist amounts to in regard to being able to pick the best layers. Mr. Hogan's system of picking the layers by handling them has come to be known as "Hoganizing" the hens.—Farm and Fireside.

Instead of letting the chickens, ducks, and geese remain on range when finishing them for the market, place them in a well-ventilated, slatted coop where they will be dry and comfortable and yet have plenty of air. Place troughs outside the slatted coops where the chickens can reach conveniently, and try a ration of 60 pounds corn meal, 40 pounds wheat middlings, 5 pounds fine beef scraps, moistened with skimmed milk or buttermilk in the proportion of one and one-half pounds of milk to one pound of the dry feed. The best results have been secured by feeding this ration twice a day, all the chickens will be cleaned up in from twenty to twenty-five minutes. From two weeks to eighteen days of this ration feeding is all that is generally found profitable. Good vigorous stock will put on a pound of gain with this ration under the right conditions, at a cost of about five and one-half cents a pound of course, plenty of fresh water should be in reach of the crated poultry.

To preserve the heat derived from the bodies of the animals, and at the same time remove the impurities, the King system of ventilation is to be recommended. That consists in allowing 500 to 1000 cubic feet of space for each animal, and making provision for a change of air at the rate of 3000 cubic feet per hour for each animal, bringing in the fresh air from the ceiling and removing the cold air from the bottom of the stable. Plenty of windows should be provided. Sunlight is a disinfectant, and acts as an invigorator and a tonic. Light in the stable facilitates work, and by showing up the dirt is a stimulus to cleanliness. It is suggested that three square feet of window glass be provided to each animal. Windows should be placed on both sides of the stable, and the number can scarcely be too great.

Each individual in the herd must be healthy, and any animal suffering from a constitutional disease should be gotten rid of. This disease is most common to dairy animals is tuberculosis.

Wholesome milk cannot be produced from sick or ailing cows. It is therefore important that the dairyman secure a healthy herd and provide conditions for maintaining them in the proper manner. In the stable there must be good ventilation to insure proper health and vigor of the herd. Oxygen is as much a food as meal, and plenty of air is needed to supply it. Carbonic acids and other impurities cast off by the lungs are poisonous, and must be gotten rid of.

It is impossible for the cow to reach her maximum production, or long maintain it, in the absence of proper ventilation. It has been advised that an animal should have as many cubic feet of space as the number of pounds of live weight. Space, however, is not so essential as the frequency with which the air is changed. We know the stable is properly ventilated when we fail to detect any strong or disagreeable odors upon entering it, and when we find no moisture collected on the ceilings and walls.

When windows are used the cold air enters the stable near the ceiling, drives the warm air out at the other side and the cold air near the floor is left undisturbed.

Feeding Idle Work Horses.—It is important to feed and handle idle work horses during the winter so that they will be ready for the spring work. A little judgment and care on the part of the feeder will insure a low feed cost and a thrifty condition of the horse. For roughage, bright oat straw and clean corn stover may replace at least one-half of the hay ordinarily fed. For an idle horse the amount of roughage may be increased slightly over the standard advised for a horse at work. Dr. H. H. Havner, in charge of livestock extension at the Pennsylvania State College school of agriculture and experiment station, recommends 13 to 15 pounds of a combination of 1 part mixed hay, 3 part bright oat straw and 1 part corn stover, for every 100 pounds live weight of horse daily.

A small amount of grain will be needed to keep the body in proper thrift. Not more than one-half pound of grain per 100 pounds live weight of horse daily is needed in the case of an idle horse. The kind of grain will depend upon the price of feed in the particular locality. Oats, a standard grain feed for horses, would fit in with the roughage recommended. If corn is available it may be used to advantage with a smaller amount of oats or a level handful of oatmeal twice a day.

Many horsemen value oatmeal as a part of the winter grain ration very highly. One-half to one pound of oatmeal per horse daily, is sufficient. It has a high protein content. It acts favorably upon the digestive tract and keeps the hair coat in condition.